



St. Bernadette's Catholic Primary School

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Principal: Mr Steve Gibbs

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123 Magic™ & Emotion Coaching in the Classroom

Dear Parents,

I would like to take this opportunity to let you know about 123 Magic™ & Emotion Coaching, a discipline program that we will be using in the school. It is a program that incorporates specific, gentle-but-firm techniques to stop undesirable behaviour as well as to encourage positive behaviour.

Of course, the number one priority during the school day is instruction. I want your child/ren and all of the students in the class to learn as much as possible this year. By having a discipline program that is both warm and demanding, students and teachers are able to put the majority of their energy into academics.

Parents and teachers have used 1-2-3 Magic™ successfully since 1984. This is an evidence based program that is easy to use and works very effectively. There are three steps to 1-2-3 Magic™:

Step 1 involves managing undesirable behaviour by counting to 1, 2 or 3. On the count of 3, the student will have to take a short timeout or sometimes a privilege can be removed. This simple technique is remarkably effective when applied with the three principles of the program. This is also not too dissimilar from what our teachers have been using in our current Student Behaviour Management Policy.

Step 2 involves the encouraging good behaviour, for example respect, listening to others, being organised, taking turns and thinking of others.

Step 3 involves using some valuable tools for building healthy relationships with children, including active listening, shared fun and class meetings.

Emotion Coaching is a complementary strategy to the behaviour management techniques of 123 Magic™. Emotion coaching helps teachers to help their children reflect on and identify their emotions and become more competent at managing those emotions. The outcome is that children learn to respond more flexibly to environmental triggers.

Emotion coaching, together with the behavioural strategies encompassed within 123 Magic™, provides teachers with a balanced approach to managing their students' behaviour while teaching them skills to better manage their emotions and take responsibility for their own behaviour.

I will be offering a parent information session on Thursday 21st June at 5.30pm to provide a more in depth overview. A crèche will be available on the night if required. Please let me know if you will require the service.

Kind Regards

Steve Gibbs
Principal